



Oklahoma Union Athletics

13925 State Highway 10

South Coffeyville, OK 74072

Office – (918) 255-6551

Athletic Director – Riley Duncan

Head Track Coach – Kirk Jackson

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Oklahoma Union Schools would like to invite you and your team to participate in our High School Boys and Girls Track and Field meet on Wednesday, April 10th 2024. We will have varsity boys and girls divisions for all track and field events on our 6 lane track. The event will be timed and registered through Enduro Timing. All registrations must be completed by noon the day before the event.

Time –

Coaches Meeting at 9:30AM (in the hospitality room)

Field Events at 10:00

Running Events at 10:30

Entry Fee – Divisions are Varsity Girls and Varsity Boys.

\$90 per division (\$20 per individual)

ATTENTION COACHES: the On-line Entry DEADLINE is: **Tuesday, April 9th @ 12pm.** (((The meet will be CLOSED at noon!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the ENDURO USA™ website by completing ALL the necessary steps on the “**ENTRIES Window**” – including the “**Verification Step**”. If the “Verification Step” is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. Please log into your ENDURO USA™ account at: www.endurousa.com - If you need assistance with your ENDURO USA™ account, contact cara@runenduro.com

Limitations – Each Contestant is limited to four events including relays. Each school is limited to three entrants in each event per division and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.

Medals – Medals will be awarded for 1st place through 5th place in each event.

Team Plaque will be awarded for the 1st Place Boys and Girls Teams.

Team Points – Individual events will score: 10-8-6-4-2-1

Relay events will score: 20-16-12-8-4-2

Equipment – OKU will provide starting blocks for contestants and asks that you use ¼” spikes our smaller to maintain the surface of our track. Please limit the use of tape on the running surface.

Hospitality Room – A hospitality room will be provided for coaches in the back room (west end) of the old field house.

OKU High School Track Meet

Schedule of Events

Field Events

10:00AM	High Jump	Boys, Girls
	Long Jump	Girls, Boys
	Shot Put	Boys, Girls
	Discus	Girls, Boys
	Pole Vault	Boys, Girls

Running Events

10:30AM	400 Relay	Girls, Boys
	3200 Relay	Girls, Boys
	100 Hurdles	Girls (33")
	110 Hurdles	Boys (39")
	3200 Run	Boys
	800 Relay	Girls, Boys
	800 Run	Girls, Boys
	100 Dash	Girls, Boys

Break for Lunch

3200 Run	Girls
400 Dash	Girls, Boys
300 Hurdles	Girls (30")
300 Hurdles	Boys (36")
200 Dash	Girls, Boys
1600 Run	Girls, Boys
1600 Relay	Girls, Boys